

## Jonathon's Fitness – 10 Minute Boot camp Body Weight Blast\*

### Jonathon's Rules:

- Perform each exercise for **1 minute** with a **10 second break** between exercises
- Write down the number of exercises performed in each set
- Feel free to modify any exercise
- Visit [Jonathon's Fitness](http://Jonathon's Fitness) for details on each exercise

	Week 1	Week 2	Week 3	Week 4	Week 5
Prison Squat					
Push ups					
Lunge					
Tabletop Dip					
Reverse Plank to V-Sit					
Prison Squat					
Push ups					
Lunge					
Tabletop Dip					
Reverse Plank/V-Sit					

Good luck to all of you! Please email any questions to [jonathonsfitness@gmail.com](mailto:jonathonsfitness@gmail.com)

Visit [JonathonsFitness.com](http://JonathonsFitness.com) for more workouts and fitness tips!

\*As always, please consult a physician before starting this workout.